

[1] Early Intervention for Mental Disorders

Early detection and treatment are critical for improving the prognosis and social functioning of individuals with mental disorders, particularly among adolescents and young adults. Without timely intervention, young individuals experiencing mental health issues may face increased risks such as disruptions to their education or employment opportunities, or social isolation. Conversely, initiating appropriate treatment at an early stage of the disorder can potentially mitigate symptom severity and help maintain or enhance social functioning, while outcomes may vary depending on the specific disorder and individual context. Improvements in clinical outcomes through early intervention can also reduce the overall disease burden at national and regional levels.

However, early intervention in mental disorders faces a variety of challenges, and multiple studies have shown that, regardless of the availability of mental health resources, there is a significant delay between the onset of mental illness and the initiation of professional support that needs to be addressed. This delay is influenced by a range of factors at the individual, healthcare system, and societal levels. Because these factors vary significantly by context, effective approaches for promoting early intervention can differ substantially across countries and regions.

Please note that this section concerns early intervention for mental disorders in general from adolescents and young adults. Applicants may choose to address mental health in general or focus on specific mental health conditions such as psychotic disorders, depression, anxiety disorders, or other clinically relevant issues.

Applicants are requested to submit an abstract addressing the following questions about the situation in their country/region:

Q1. What kinds of approaches or initiatives currently exist to promote early intervention for mental disorders? Please briefly explain how these approaches facilitate timely identification or intervention.

Q2. What are the main barriers or challenges encountered in implementing effective early intervention strategies?

Q3. What additional measures or improvements do you think would be effective in further promoting early intervention in mental disorders?